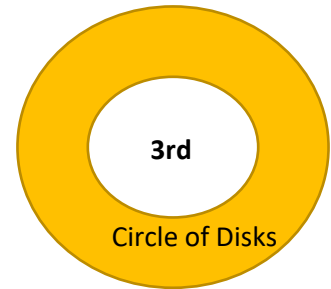
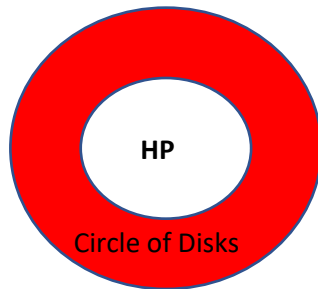


Base-Running Drills:

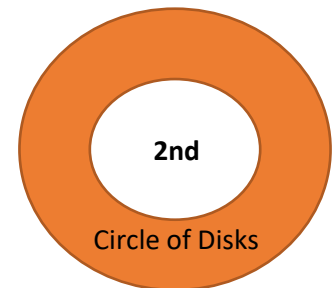
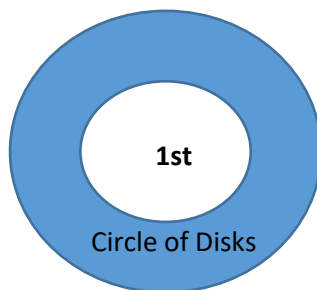
Purpose: Base-running

Equipment: Set of bases, Colored Spots, Colored Disks

Set-up: Use colored Bases to create an infield (Blue = First Baseball, Orange = Second Base, Yellow = Third Base, Red = Home Plate). Use colored disks to create a large circle around each base (make it easy to see and big enough for all kids to fit inside). Put colored spots 5' behind the first base line for the dugout.



DUGOUT



Execution:

1. Have all players stand in Home Plate (Red) circle with coach. Coach asks, "What Color are we standing in?" "What do we call the Red Plate?" – HOME PLATE!!!!. Have all players put their hand in the middle and do a team cheer – "home plate on three – 1, 2, 3...HOME PLATE!!!"
2. Coach tells all players to run to the blue base.
3. Have all players stand inside the blue circle and put 1-foot on the blue base (toes only so everyone can fit). "What Color are we standing in?" "What do we call the Blue Base?" – 1st BASE!!!!. Have all players put their hand in the middle and do a team cheer – "home plate on three – 1, 2, 3...1st BASE!!!"
4. Do the same thing for Second Base (Orange) and Third Base (Yellow)
5. When you get back to Home Plate say – "When we make it all the way around from 1st to 2nd to 3rd and back to Home, that is called a Home Run!" "Home Run on three – 1, 2, 3...HOME RUN!!!"
6. Go around the bases as a group a second time but this time ask the kids where to run "What base to we run to now?" Go quickly around the bases without doing a team cheer. As soon as



TOT/PRESCHOOL BASEBALL (AGES 3-5) ACTIVITY REFERENCE GUIDE



players all the players get to one base ask them what base to go to next and send them on their way.

7. After you have made it all the way around, have everyone go to the dugout and stand on their spot.
8. Coach calls the first player to home plate
9. Ask the player to point to what base they are running to
10. Coach blows his/her whistle and the player runs to first base.
11. Coach calls up the next player. Ask both players to point to what base they are running to
12. Coach blows his/her whistle and the player on home plate runs to first, the player on first runs to second.
13. Continues until all players have gone around the bases and back to the dugout.
14. Keep players rotating through so the bases are always full (1st, 2nd, 3rd, home, dugout, 1st, etc.)
15. Recap Base-Running and When/Why you use it in Baseball

Variations:

- **Jungle Adventure** – Turn in the Base-Running path into a Jungle by putting a different obstacle between each base. Player must now cross that obstacle while going around the bases.
 - **Jungle Adventure I** – Rivers, Hoops of Fire, Jungle Bridge, Snake Slide
 - **Jungle Adventure II** – Hurdles, Hop Scotch Lilly Pads, Lava Rocks, Zig Zag Flags)
 - *See Tot Track & Field or Mini-Hawk Jungle Adventure for more ideas of obstacles*